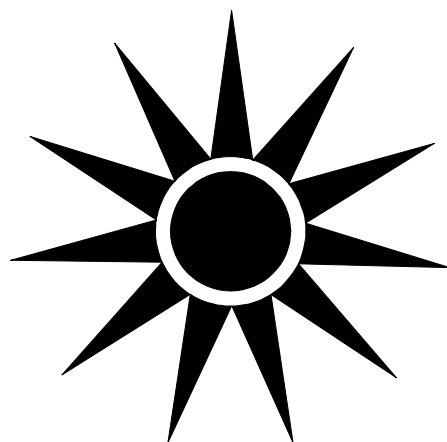


***Annual Fall Diabetes Clinical Update Conference***

# **Diabetes Complications: A Growing Concern – Multidisciplinary Approaches to Positive Outcomes**



**Sunday Evening, October 15 – Tuesday Noon, October 17, 2006  
Sugarloaf USA**

Sponsored by:

Maine Association of Diabetes Educators (MeADE)

Maine Diabetes Prevention & Control Program (DPCP) / Maine CDC / DHHS

## **Continuing Education Credits**

Application has been made for continuing education credits from:

- American Nurses Association of Maine, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation
- American Dietetic Association
- Maine Commission on Pharmacy

Application has also been made for continuing medical education credits to:

- American Medical Association (Category I CME)

**You may also register online at [www.mainediabeteseducators.org](http://www.mainediabeteseducators.org)**

## About the Conference

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The goal of this conference is to update health care professionals on the latest information about complications resulting from diabetes and to review methods / strategies to ensure positive outcomes for individuals at-risk for, or already experiencing complications of diabetes.

## About the Sponsoring Organizations

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### Maine Association of Diabetes Educators (MeADE)

MeADE started to meet on a regular basis in 2005 and was chartered as a chapter of the American Association of Diabetes Educators (AADE) in August 2006.

The purposes of MeADE are to:

- To provide diabetes educators with a forum for learning opportunities/continuing education through meetings, workshops, and networking.
- To ensure quality diabetes self-management education for individuals with diabetes based on the national standards of care and lifestyle management for the prevention of diabetes mellitus.
- To promote leadership within the local diabetes community.
- To promote AADE's legislative agenda pertinent to the diabetes educator and individual with diabetes.
- To promote membership in AADE.

*To learn more about MeADE, including how to join, go to [www.mainediabeteseducators.org](http://www.mainediabeteseducators.org).*

### Diabetes Prevention & Control Program (DPCP)

The Diabetes Prevention & Control Program (DPCP) is funded through a cooperative agreement from the Centers for Disease Control and Prevention, Division of Diabetes Translation to implement a state-based program focused on the prevention of complications and premature mortality among people with diabetes. The program is also funded to address systems change and wellness of people with diabetes. The DPCP is located within the Division of Chronic Disease at the Maine Center for Disease Control & Prevention, Maine Department of Health and Human Services.

### Novo-Nordisk

The conference is supported by an unrestricted educational grant from Novo-Nordisk, Inc.

## Who Should Attend

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Diabetes educators and health care providers including: nurses, dietitians, nurse practitioners, pharmacists, social workers, physicians, physician assistants, physical therapists and other health professionals interested in diabetes care.

## Learning Objectives

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*At the completion of the conference, participants will be able to:*

- Implement strategies for marketing of Diabetes Self-Management Education
- Describe the body's inflammatory response and associated complications in diabetes
- Discuss the use and interpretation of continuous glucose monitoring system sensors
- Identify treatment guidelines for wound care in individuals with diabetes
- Describe guidelines for management of intensive physical activity in diabetes
- Identify strategies to assist individuals with diabetes with behavior change
- Describe management of pain and treatment of diabetic peripheral neuropathy
- Discuss art therapy as a means to manage depression in diabetes
- State guidelines for preconception and management of diabetes and pregnancy
- Describe issues of polypharmacy especially in older adults with diabetes
- Discuss current medications including use, benefits and cautions to manage diabetes
- Identify strategies and resources to assist with tobacco cessation
- Describe issues and solutions related to assisting students with diabetes in the school setting
- Describe the importance of early diagnosis and treatment of diabetic nephropathy
- Identify successes & lessons learned in delivery of diabetes education via telephone & video conferencing
- Discuss the relationship of spirituality and health
- Identify current strategies for prevention and treatment of diabetic eye disease

# Conference Agenda

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## Sunday, October 15 (Pre-Conference Activities)

- 5:30 pm      **Dinner** *(Support provided by Medtronic-MiniMed, Inc. and Becton-Dickinson)*  
*Dinner is complimentary for MeADE members. Non-members may attend for an additional fee of \$30*
- 6:30 pm      **Marketing of Diabetes Self Management Education**  
*Julie Barnes, RD, CDE – Maine Center for Diabetes*
- 7:30 pm      **MeADE Business Meeting**

## Monday, October 16

- 8:00 am      **Maine Diabetes Prevention & Control Program Update** – *Jim Leonard, MSW*  
**Maine Association of Diabetes Educators Update** – *Cindy Young, RN, CDE*
- 8:30 am      **Inflammation and Cardiovascular Disease in People with Diabetes**  
*Stephan Babirak, Ph.D., M.D. – Maine Center for Endocrinology and Diabetes*
- 9:45 am      **Break / Visit Exhibits**
- 10:15 am      **Overview and Treatment of Gastroparesis**  
*John Erkinen, MD - Portland Gastroenterology Center*
- 11:15 am      **Stretch Break**
- 11:30 am      **Breakout Session A**  
  1. Interpreting CGMS Sensors – *Sheryl Bouchard, RN, CDE – St. Joseph's Health Care*
  2. Diabetes and Wound Care – *Susan Gurney, FNP – Inland Clinic Services*
  3. Intensive Management of Diabetes & Physical Activity – *Tina Douin, RN, CDE - Medtronic MiniMed*
  4. A Step by Step Patient-Centered Approach to Behavior Change –  
*Betty Ann Sirois, RN, CDE – Stephens Hospital & Kathy Beers, RN, CDE – Mercy Hospital*
- 12:30 pm      **Lunch / Visit Exhibits**
- 1:30 pm      **Pain Management of Peripheral Neuropathy**  
*Andrew Kowal, MD – Lahey Clinic (Support provided by an unrestricted educational grant from Pfizer, Inc.)*
- 2:30 pm      **Break / Visit Exhibits**
- 3:00 pm      **Breakout Session B**  
  1. Treatment of Depression in Diabetes with Art Therapy - *Dana Green, PA – St. Joseph's Health Care*
  2. Diabetes and Wound Care – *Susan Gurney, FNP – Inland Clinic Services*
  3. Pre-conception Care/Diabetes & Pregnancy – *Loretta Hothersall, PhD, FNP – Maine Ctr for Diabetes*
  4. Polypharmacy - *Judy Tupper, MS, CHES - Institute for Public Health, Muskie School, USM*
- 4:00 pm      **Stretch Break**
- 4:15 pm      **Breakout Session C**  
  1. Medications to Manage Diabetes – *John Devlin, MD – Maine Center for Diabetes*
  2. Interpreting CGMS Sensors – *Sheryl Bouchard, RN, CDE – St. Joseph's Health Care*
  3. Smoking Cessation – *Debra Brown, RN – Southern Maine Medical Center*
  4. Diabetes Goes to School – *Maurie Hill, MS, RN, C, CDE – Maine Center for Diabetes*

*Note: Several dinners and educational sessions are anticipated for Monday evening. More information will be available in conference confirmation information.*

## Tuesday, October 17

- 8:15 am      **Announcements**
- 8:30 am      **Early Treatment of Diabetes and Renal Disease**  
*Speaker TBA*
- 9:30 am      **Break / Visit Exhibits**
- 10:00 am     **Breakout Session D**
1. Diabetes Education via Technology:
    - Diabetes Telephonic Education – *Claudette Bean – Medical Care Development*
    - Satellite Link to ADEF Program - *Sharon Kuhrt, RN, BSN - CMMC*
  2. Spirituality & Diabetes – *Rachel Girard, MS, MTS, RN, CDE – Maine Medical Center*
  3. A Step by Step Patient-Centered Approach to Behavior Change –  
*Betty Sirois, RN, CDE – Stephens Hospital & Kathy Beers, RN, CDE – Mercy Hospital*
  4. Intensive Management of Diabetes and Physical Activity – *Tina Douin, RN, CDE - Medtronic MiniMed*
- 11:00 am     **Stretch Break**
- 11:15 am     **Prevention and Treatment of Diabetic Eye Disease**  
*Speaker TBA*
- 12:15 pm     **Conference Wrap up and Evaluations**  
Optional Box lunch  
Possible industry sponsored educational session & lunch

Program subject to change without notice

## About Sugarloaf USA (for more information & directions, go to [www.sugarloaf.com](http://www.sugarloaf.com))

### Guest Services

The Sugarloaf Sports & Fitness Center has extensive facilities including a pool, inside & outside hot tubs, sauna, racquetball, fitness room, climbing wall, and spa treatments. A private health club with sauna, oversized hot tub, swim spa and fitness center is located in the Grand Summit Hotel.

### Overnight Accommodations

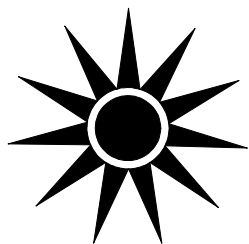
We have many different room types available. The **Grand Summit Hotel** is the newest property. Some conference activities will be held in the Hotel or in the Conference Center just adjacent to it. The **Sugarloaf Inn** is below the Grand Summit. It is a pleasant walk or very short drive to the Conference Center. The **Condos** are scattered around the mountain. Each has a slightly different configuration. Most will require driving to the Conference Center. Sugarloaf USA does not guarantee that a specific room type will be available. **Call Sugarloaf USA at 800-843-5623 to make overnight room reservations by September 15. Be sure to mention Maine Association of Diabetes Educators when you call.**

### Overnight Room Rates (all rates include access to Sports & Fitness Center)

Grand Summit Hotel	Hotel Alcove	\$85
	Hotel Superior / Queen Bed	\$95
	Hotel Superior / 2 Queen	\$95
	Hotel One Bedroom Suite	\$125
	Hotel Two Bedroom Suite	\$185
Sugarloaf Inn	Inn Standard	\$75
	Inn Loft Junior Suite	\$75
	Inn Loft Room	\$75
Condos Around the Village	Condo One Bedroom	\$115
	Condo Two Bedroom	\$145
	Condo Three Bedroom	\$185

# Diabetes Complications: A Growing Concern – Multidisciplinary Approaches to Positive Outcomes

Sunday Evening, October 15 – Tuesday Noon, October 17, 2006  
Sugarloaf USA



**REGISTRATION FEE:** includes continental breakfast, lunch and conference materials. Pre-registration is required. Confirmations will be sent by email.

Full Conference Registration Nonmember	\$150	Monday only	\$100
Full Conference Registration MeADE Member	\$120	Tuesday only	\$50

**DEADLINES:** Registrations must be received by **September 22**. Refunds (less a \$25 processing fee) will be available for cancellations received by October 6. Substitutions are encouraged. Registered no-shows will be billed.

Name \_\_\_\_\_

First Name for Badge \_\_\_\_\_

Title \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

Town / Zip \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

E-mail \_\_\_\_\_

I request: \_\_\_\_ Vegetarian Lunch \_\_\_\_ General Certificate of Attendance

Reasonable arrangements for persons with disabilities or special dietary needs will be made if requested before September 29. Contact Great Gatherings at 622-5330 or [Susan@GreatGatherings.com](mailto:Susan@GreatGatherings.com)

## WORKSHOP CHOICE

(please indicate workshop code e.g. A1, B2)

Session A: 1st choice \_\_\_\_\_ 2nd choice \_\_\_\_\_

Session B: 1st choice \_\_\_\_\_ 2nd choice \_\_\_\_\_

Session C: 1st choice \_\_\_\_\_ 2nd choice \_\_\_\_\_

Session D: 1st choice \_\_\_\_\_ 2nd choice \_\_\_\_\_

## CONTINUING EDUCATION

I request CEUs from:

\_\_\_\_ American Nurses Association of Maine  
\_\_\_\_ American Dietetic Association  
\_\_\_\_ Maine Commission on Pharmacy  
\_\_\_\_ American Medical Assn (Category I CME)

## REGISTRATION FEES

____ Full Conference Registration: Nonmember	\$150	_____
____ Full Conference Registration: MeADE Member	\$120	_____
____ Single Day Registration: Monday only	\$100	_____
____ Single Day Registration: Tuesday only	\$50	_____

### Additional Activities & Items:

____ Sunday Dinner: MeADE member	\$0	_____
____ Sunday Dinner: Nonmember	\$30	_____
____ Tues Box Lunch: Chicken or Vegetable Wrap	\$18	_____
____ MeADE T-Shirt (circle color & size below)	\$15	_____
Color: Blue / Green		
Size: Women's Small / Medium / Large		
Men's Large / Extra Large		

TOTAL AMOUNT \$ \_\_\_\_\_

## PAYMENT INFORMATION

Please make check or purchase order out to "Maine Association of Diabetes Educators (MeADE)". Return form and payment by September 22 to: Great Gatherings LLC, PO Box 9005, Augusta ME 04338 or **fax to 207-622-6228**.

Credit Card Payments: Charge to \_\_\_\_\_ VISA \_\_\_\_\_ MC \_\_\_\_\_ Card # \_\_\_\_\_

Exp Date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Cardholder's Name as shown on card \_\_\_\_\_

Signature \_\_\_\_\_ Authorized amount charged to your card: \$ \_\_\_\_\_

**Questions? Please contact Great Gatherings LLC at 207-622-5330 or [Susan@GreatGatherings.com](mailto:Susan@GreatGatherings.com)**

**You may also register online at [www.mainediabeteseducators.org](http://www.mainediabeteseducators.org)**

## Maine Association of Diabetes Educators

c/o Great Gatherings LLC

PO Box 9005

Augusta ME 04338

### Conference Planning Committee

Kathy Beers, RN, CDE – *Mercy Hospital – Portland*

Sheryl Bouchard, RN, CDE – *St. Joseph's Health Care – Bangor*

Jennifer Courtois, RN – *SMMC – Visiting Nurses – Biddeford*

Laurie Dunlap, RN – *The Aroostook Medical Center – Presque Isle*

Rena Gels-Birch, RN, CDE – *EMMC – Bangor*

Cindy Hale, RD, CDE – *Diabetes Prevention & Control Program (DPCP) – Augusta*

Theresa Hainer, NP, CDE – *EMMC – Bangor*

Louise Pelletier, RN, CDE – *EMMC – Bangor*

Betty Ann Sirois, RN, CDE – *Stephens Hospital – Norway*

Barbara Smith RD, CDE – *SMMC – Visiting Nurses – Biddeford*

Kay Spofford, RD, LD, CDE – *Sebastcook Valley Hospital - Pittsfield*

Cindy Young, RN, CDE – *Maine Center for Diabetes – Scarborough*

#### Non-Discrimination Clause

In accordance with Title VI of the Civil Rights Act of 1964 (42USC & 1981, 2000 et seq), Section 504 of the Rehabilitation Act of 1973 as amended (29 USC & 794), the Age Discrimination Act of 1975 as amended (42 USC 16101 et seq), Title II of the Americans with Disabilities Act of 1990 (42 USC and 12131 et seq), and Title IX of the Education Amendments of 1972 (34 CFR Parts 100, 104, 106, 110), the Maine Department of Health and Human Services does not discriminate on the basis of sex, race, color, national origin, disability of age in admission or access to or treatment or employment in its programs and activities. A civil rights compliance coordinator has been designated to coordinate our efforts to comply with the US Department of Health and Human Services regulations. Inquires concerning the application of these regulations and or grievance procedures for resolution of complaints alleging discrimination may be referred to the Civic Rights Coordinator at 221 State Street, Augusta ME 04333, 207-287-3488 (Voice) or 800-332-1003 (TDD).